

The 2008 Vermont Youth Health Survey

Report Prepared By:

Vermont Department of Health
Division of Health Surveillance
108 Cherry Street, PO Box 70
Burlington, VT 05402
(802) 863-7300
<http://healthvermont.gov>
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2008 Vermont Youth Health Survey

In 2008, the Department of Health with cooperation from the Department of Education conducted the Youth Health Survey (YHS) in randomly selected public middle and high schools. Middle schools were defined as those that included any of grades 6-8 and high schools were defined as those that included any of grades 9-12. A total of 1,214 students were surveyed. The responses of these students were weighted to represent 51,381 students in grades 6-12.

| | Female | Male | Middle School | High School | Total |
|-----------------------------|--------|--------|---------------|-------------|--------|
| Number of students surveyed | 609 | 605 | 866 | 348 | 1,214 |
| Weighted number of students | 25,051 | 26,330 | 20,439 | 30,942 | 51,381 |

The survey asked about tobacco use behaviors, attitudes and beliefs about tobacco, media, family, and community messages related to tobacco, and exposure to secondhand smoke. The survey also included other health concerns, such as nutrition, physical activity, and gambling.

The YHS was also conducted in 2004 and 2006. All reports can be found online at: <http://www.healthvermont.gov/research>

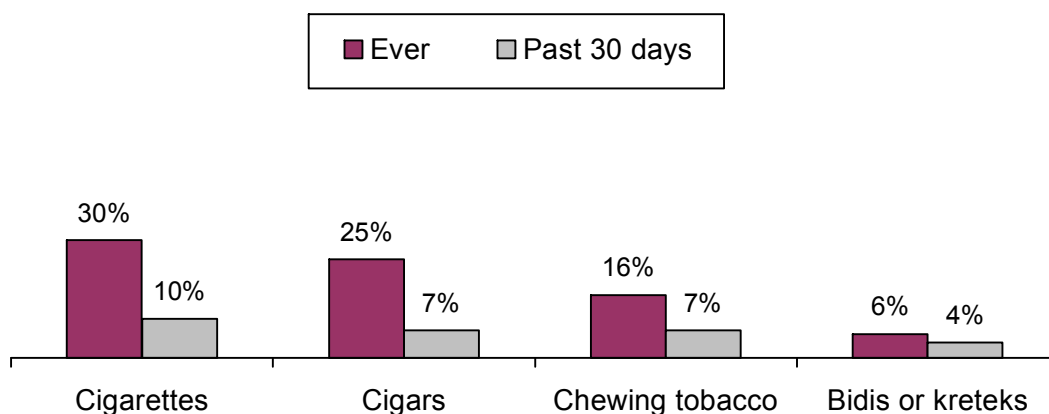
Tobacco use behaviors

All students

In 2008, three in ten students in grades 6-12 reported ever smoking a cigarette (even one or two puffs) and one student in ten smoked in the past 30 days. Slightly fewer students reported smoking cigars or using chewing tobacco. A small percent of students ever tried bidis, small cigarettes from India consisting of tobacco wrapped in a leaf tied with a thread, or kreteks, also known as clove cigarettes.

In 2004, 38% of students reported ever smoking and 15% smoked in the past 30 days. In 2006, 35% reported ever smoking and 13% smoked in the past 30 days.

Fig 1: Prevalence of tobacco use among all students



Ever Smokers

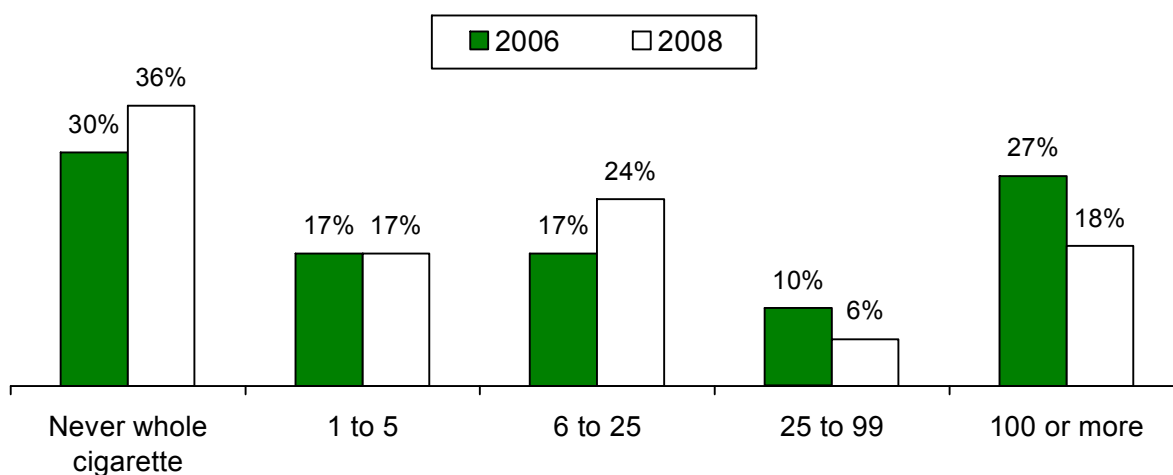
Of those who ever tried smoking, one-third reported that they had never smoked a whole cigarette. Many ever smokers did not smoke in the past 30 days; 42% of ever smokers reported last smoking a cigarette more than six months ago.

In 2008, students were less likely to have ever smoked a whole cigarette or to report that they last smoked in the past week than in 2006.

Table 1. Smoking behaviors among 6th – 12th graders who ever tried smoking

| | 2008 | 2006 |
|--|------|------|
| Age first smoked a whole cigarette: | | |
| Tried smoking but never smoked a whole cigarette | 36% | 30% |
| 10 years or younger | 8% | 15% |
| 11 or 12 years old | 10% | 14% |
| 13 or 14 years old | 19% | 23% |
| 15 years or older | 28% | 17% |
| Smoked on 1 or more of the past 30 days | 34% | 38% |
| Last time smoked a cigarette: | | |
| Earlier today | 9% | 17% |
| In the past week | 13% | 16% |
| In the past month | 13% | 7% |
| In the past 6 months | 23% | 20% |
| In the past year | 13% | 11% |
| More than a year ago | 29% | 29% |

Fig. 2: Number of cigarettes smoked in entire life among ever smokers



Current Smokers

Of students who smoked in the past 30 days, nearly three in ten smoked every day or smoked at school despite a statewide law banning smoking on public school grounds. Most current smokers smoked no more than five cigarettes per day. Of current smokers, 75% reported Marlboro was the brand of cigarettes they smoked most frequently and 5% said that they had no usual brand.

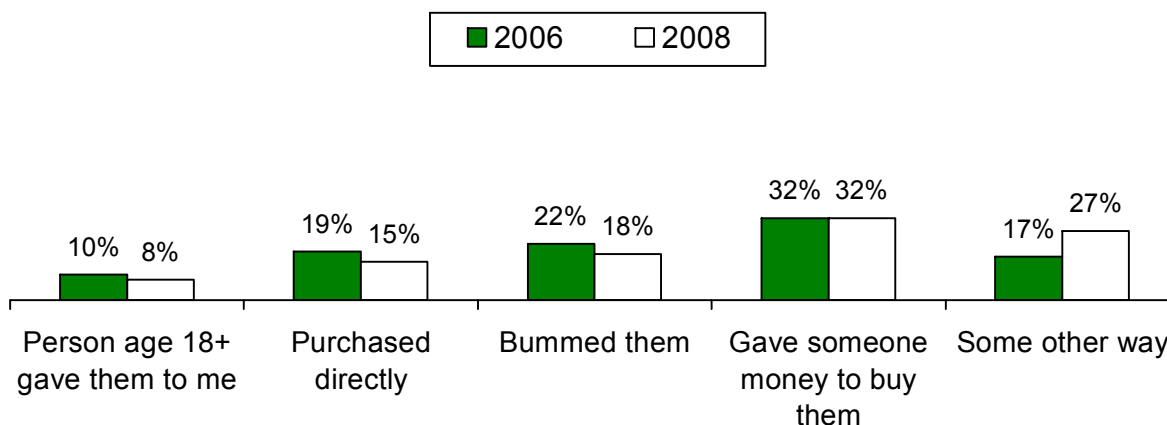
Students in 2008 were more likely to report smoking fewer days and to report smoking fewer cigarettes in the past 30 days than in 2006.

Table 2. Smoking behaviors among 6th – 12th graders who smoked in the past 30 days

| | 2008 | 2006 |
|---|------|------|
| Number of days smoked in past 30 days: | | |
| 1-9 | 54% | 41% |
| 10-29 | 19% | 27% |
| All 30 days | 27% | 31% |
| Number of cigarettes smoked in past 30 days: | | |
| <1 per day | 16% | 17% |
| 1 to 5 per day | 61% | 51% |
| >5 per day | 23% | 32% |
| Smoked on school property 1 or more of past 30 days | 29% | 34% |

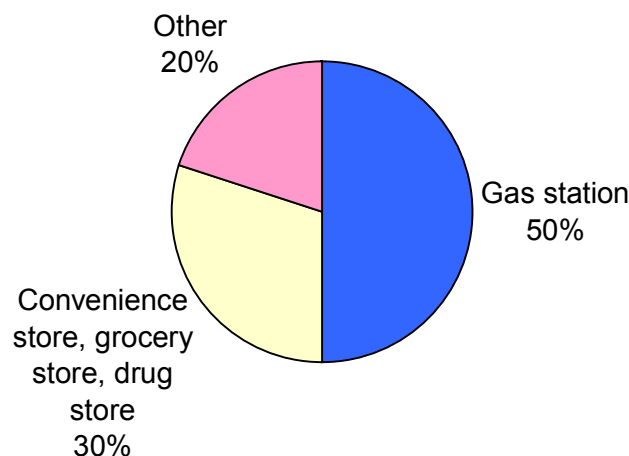
Many current smokers' usual source of cigarettes in the past 30 days was someone else—students bummed cigarettes, reported that someone aged 18 or older gave them cigarettes, or they gave someone money to buy cigarettes for them. The distribution of usual sources was similar in 2006.

Fig 3: Usual source of cigarettes smoked in past 30 days among current smokers



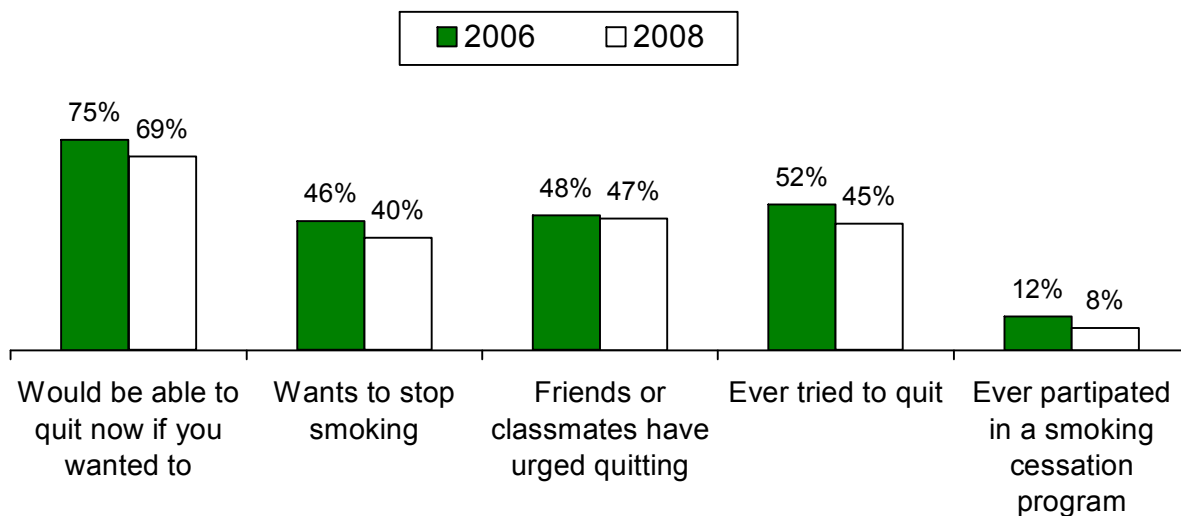
Even when current smokers' usual source was "someone else," 45% of current smokers purchased cigarettes in the past 30 days, and half of those who purchased bought cigarettes at a gas station, similar to 2006.

Fig. 4: Place where last pack of cigarettes was purchased among current smokers



Although 55% of current smokers reported that they have never tried to quit smoking, many think they would be able to quit if they chose to do so. Four in ten current smokers want to stop (40%). Of current smokers, 27% tried to quit more than three times in the past 12 months, and 18% went a week without a cigarette. However, as in 2006, very few ever participated in a smoking cessation program.

Fig. 5: Cessation among current smokers

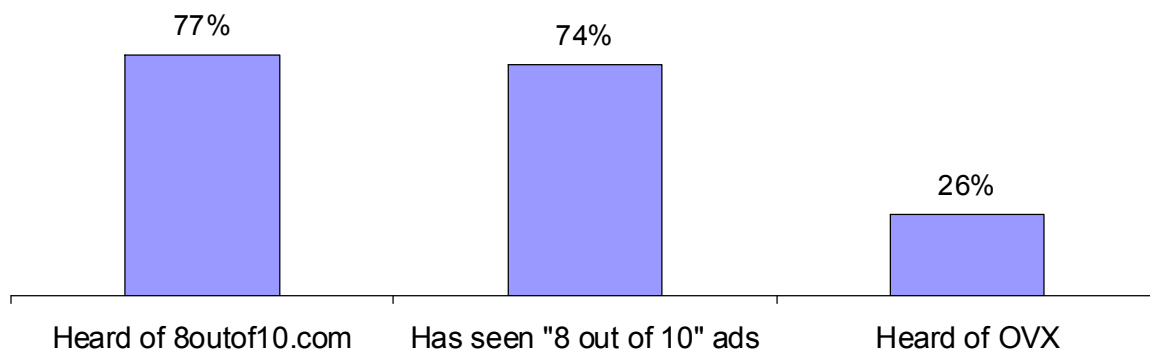


Attitudes and Beliefs about Tobacco

Few students think that young people who smoke cigarettes have more friends (11%) or that smoking makes young people look cool or fit in (8%), and only 3% of students who have never tried smoking think they will try cigarettes soon. Almost half of students (45%) think that smoking helps people relax despite scientific research to the contrary. A vast majority of students believe that secondhand smoke is harmful (95%).

Three out of four students had seen ads promoting “8 out of 10,” a youth tobacco prevention media campaign to correct the misperception of the youth smoking rate, or knew of *8outof10.com*. One of four knew of Our Voices Exposed (OVX), a youth-led movement against tobacco use in select Vermont high schools.

Fig. 6: Students' awareness of anti-smoking programs



Media, Family, and Community Messages about Tobacco

One-third of students said that a health professional had asked them about smoking (36%) or had advised them not to smoke (37%) in the past 12 months. More students reported being taught about the dangers of smoking at school or about peer norms regarding smoking behaviors in 2008 than in 2006.

Table 3. Family and community messages about tobacco

| | 2008 | 2006 |
|--|------|------|
| Discussed dangers of tobacco use with parents in past 12 months: | | |
| Never | 38% | 34% |
| Rarely | 25% | 23% |
| Sometimes | 24% | 25% |
| Often or very often | 13% | 18% |
| Taught about dangers of tobacco use in class | 59% | 46% |
| Practiced ways to say no to tobacco in class | 28% | 24% |
| Taught in class that most people your age do not smoke cigarettes | 31% | 18% |
| Participated in community activities to discourage tobacco use in past 12 months | 11% | 13% |

Around three-quarters of students (73%) reported having seen or heard advertisements on television, the internet, or on the radio about the dangers of cigarette smoking in the 30 days before the survey. Of those who watch television, 86% saw commercials about not smoking cigarettes.

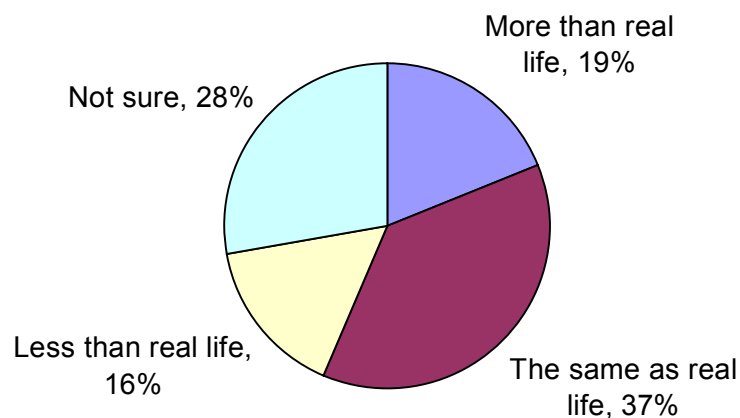
Two students in ten (22%) said that they would wear or use something with a tobacco company name or picture. One-quarter (23%) reported that they saw ads for tobacco on the internet some or most of the time, down from 30% in 2006.

Four in ten students believe that there should be less smoking shown in movies, and roughly the same percent think that the amount of smoking shown in movies is the same as real life. Many students have no opinion on the amount of smoking shown in movies.

Table 4. Smoking and the movies

| | 2008 | 2006 |
|---------------------------------|------|------|
| Believes Hollywood should show: | | |
| Less smoking in movies | 43% | 42% |
| More smoking in movies | 3% | 3% |
| Keep it about the same | 14% | 15% |
| No opinion | 39% | 40% |

Fig 7: Thinks that the amount of smoking shown in movies is:



Exposure to Secondhand Smoke

Two students in ten say that smoking is allowed inside their homes (23%) and three in ten reported that smoking is allowed in vehicles they ride in most frequently (32%). Among students who are employed, 43% said that smoking is allowed at work and 29% of those who worked during the past seven days were exposed to smoke at work. Most students (63%) report that none of their four closest friends smoke.

Table 5. Secondhand smoke

| | 2008 | 2006 |
|---|------|------|
| Lives with someone who smokes cigarettes | 33% | 40% |
| Was in same room with someone smoking cigarettes in past week | 47% | 45% |
| Was in same car with someone smoking cigarettes in past week | 32% | 40% |

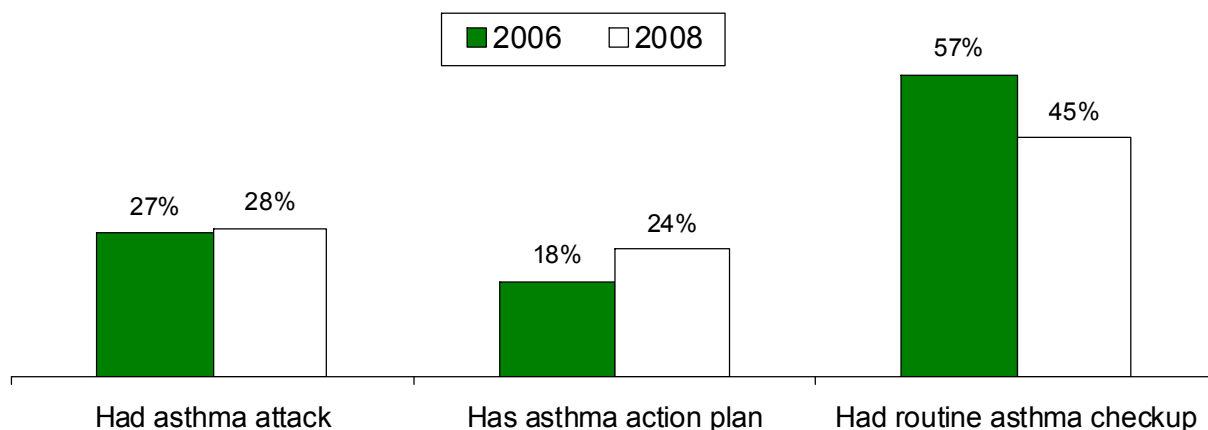
Health Concerns

Two students in ten (21%) participated in physical activity for at least 20 minutes that “made you sweat and breathe hard,” such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities and 16% participated in other physical activity for at least 30 minutes, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors, in the past week.

One in five students reported that they had to eat less because the family did not have enough money to buy food (20%), that food ran out and the family did not have money to buy more (17%), or that meals included only a few kinds of cheap food because the family was running out of money to buy food (19%).

In 2008, one in five students (19%) reported having asthma, similar to 2006 (21%). The percent of students who had an asthma attack did not change from 2006 to 2008. In 2008, more students reported that they had an asthma action plan, but fewer said they saw a doctor for a routine asthma checkup.

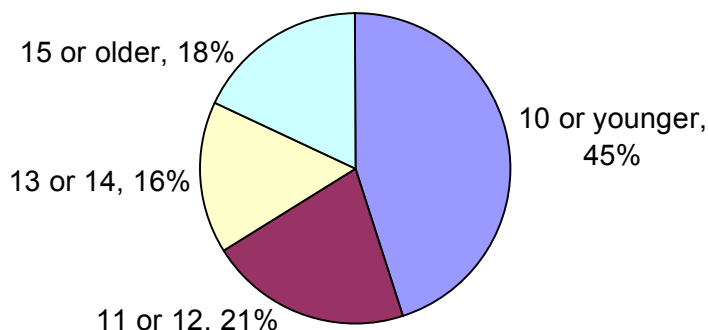
Fig 8: Asthma management among those with asthma



Risk Behaviors

Almost half of students (46%) reported that they had ever gambled, defined as “bet money or other things of value on the results of a card game, sports game, dice, race, raffle ticket, lottery ticket, computer game, slot machine, Internet gambling, or other activity.” Two in ten students (20%) gambled in the past 30 days. Nearly half of students who gambled did so before age 11.

Fig. 9: Age students started gambling among those who ever gambled



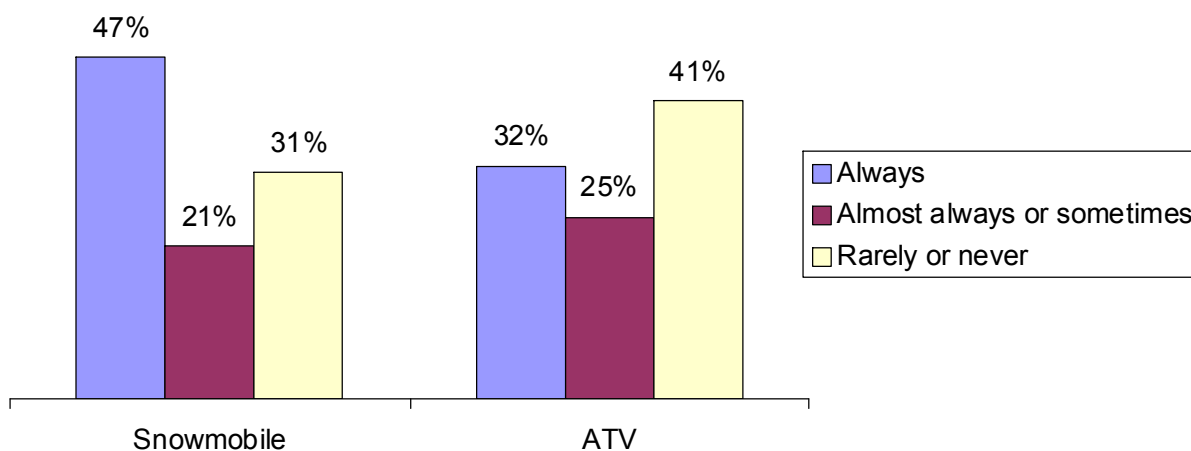
Four in ten students (43%) definitely or probably wear sunscreen with a sun protection factor of 15 or more when they go outside for more than an hour, similar to 2006 (41%). Also, 12% of students reported using a tanning booth or sun lamp in the past year, compared to 15% in 2006.

One-third of students felt little interest or pleasure in doing things on at least one day in the two weeks before the survey (33%), similar to 2006 (30%). Four in ten students (39%) felt down, depressed, or hopeless at least once in the past two weeks, again similar to 2006 (38%).

Less than one in five students reported that they had ever taken prescription drugs without a prescription, including: pain relievers, such as Oxycontin, Percocet, or Vicodin (15%); Ritalin or Adderall (11%); or “any other prescription drug” (19%).

Almost half of students rode a snowmobile (44%) or an all terrain vehicle (47%) in the past 12 months. Students who rode snowmobiles were more likely to report always wearing helmets than those who rode all terrain vehicles.

Fig. 10: Frequency of helmet use among riders



Economic and Social Capital

Many students reported having more than \$20 per week of discretionary money, and three in four students said they had their own cell phone. Students were most likely to report going online 6 to 7 days per week.

Table 6. Discretionary money and cell phone availability

| | |
|---|-----|
| Amount of discretionary money available to spend each week in past month: | |
| None | 10% |
| Less than \$5 | 12% |
| \$6 - \$10 | 11% |
| \$11 - \$20 | 17% |
| \$21 - \$50 | 23% |
| More than \$50 | 26% |
| Cell phone availability | |
| Has own cell phone | 72% |
| Does not have own cell phone | 20% |
| Uses parents' cell phone | 8% |

Fig. 11: Number of days per week that students go online

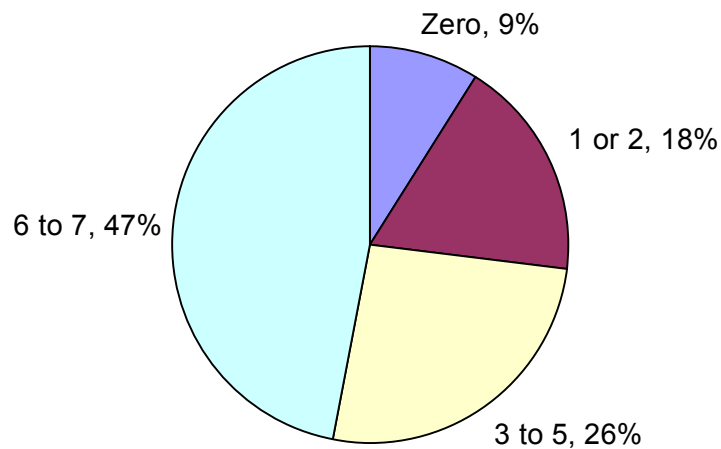


Table 7. Sample demographics

| | 2008 | 2006 |
|------------------------------|------|------|
| Female | 49% | 48% |
| Male | 51% | 52% |
| White non-Hispanic | 94% | 95% |
| Racial or ethnic minority | 6% | 5% |
| Public high school | 60% | 60% |
| Public middle school | 40% | 40% |
| Grade | | |
| 6 | 13% | 13% |
| 7 | 13% | 13% |
| 8 | 14% | 14% |
| 9 | 15% | 16% |
| 10 | 15% | 15% |
| 11 | 15% | 15% |
| 12 | 15% | 14% |
| Mother's education | | |
| High school graduate or less | 35% | 36% |
| Some college | 15% | 15% |
| College graduate | 42% | 38% |
| Not sure | 8% | 10% |

2008 Vermont Youth Health Survey

This survey is about health issues. This is NOT a test! It will help us **develop better health education programs** for young people like yourself.

DO NOT WRITE YOUR NAME ON THE SURVEY OR ANSWER SHEET. Your answers will be kept private. **No one will know what you write.** Answer the questions based on what you really know or do.

Taking part in this survey is voluntary. Your grades will not be affected, and no one will ever know your answers.

The questions about your background will only be used to describe the types of students completing this survey. **The information will not be used to find out your name.** No names will ever be reported.

Make sure you read every question on the survey. Be as honest as you can with your answers. **USE THE PENCIL PROVIDED.** **Be sure you fill in the circles on the answer sheet completely.** When you are finished, sit quietly and wait for instructions from the person giving the survey.

THE FIRST QUESTIONS ASK FOR SOME BACKGROUND INFORMATION ABOUT YOURSELF.

1. How old are you?

- a. 11 years old or younger
- b. 12 years old
- c. 13 years old
- d. 14 years old
- e. 15 years old
- f. 16 years old
- g. 17 years old
- h. 18 years old or older

2. What is your gender?

- a. Female
- b. Male

3. What grade are you in?

- a. 6th
- b. 7th
- c. 8th
- d. 9th
- e. 10th
- f. 11th
- g. 12th
- h. Ungraded or other grade

4. How do you describe yourself? (CHOOSE ONE ANSWER, or MORE THAN ONE)

- a. American Indian or Alaskan Native
- b. Asian
- c. Black or African American
- d. Hispanic or Latino
- e. Native Hawaiian or Other Pacific Islander
- f. White

5. Which one of these groups BEST describes you? (CHOOSE ONLY ONE ANSWER)

- a. American Indian or Alaskan Native
- b. Asian
- c. Black or African American
- d. Hispanic or Latino
- e. Native Hawaiian or Other Pacific Islander
- f. White

How tall are you without your shoes on?

Directions: Write your height in the blank boxes. Fill in the matching oval on the answer sheet for each number.

Example:

| Height | | Height | |
|--------|--------|--------|--------|
| Feet | Inches | Feet | Inches |
| 5 | 6 | | |
| 3 | 0 | 3 | 0 |
| 4 | 1 | 4 | 1 |
| 5 | 2 | 5 | 2 |
| 6 | 3 | 6 | 3 |
| 7 | 4 | 7 | 4 |
| | 5 | | 5 |
| | 6 | | 6 |
| | 7 | | 7 |
| | 8 | | 8 |
| | 9 | | 9 |
| | 10 | | 10 |
| | 11 | | 11 |

How much do you weigh without your shoes on?

Directions: Write your weight in the blank boxes. Fill in the matching oval on the answer sheet for each number.

Example:

| Weight | | | Weight | | |
|--------|---|---|--------|---|---|
| Pounds | | | Pounds | | |
| 1 | 4 | 2 | | | |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 1 | 1 | 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 | 3 | 3 |
| | 4 | 4 | | 4 | 4 |
| | 5 | 5 | | 5 | 5 |
| | 6 | 6 | | 6 | 6 |
| | 7 | 7 | | 7 | 7 |
| | 8 | 8 | | 8 | 8 |
| | 9 | 9 | | 9 | 9 |

8. During the last 4 weeks, about how much money did you have each week to spend any way you want to?

- a. None
- b. Less than \$1
- c. \$1 to \$5
- d. \$6 to \$10
- e. \$11 to \$20
- f. \$21 to \$50
- g. More than \$50

THE NEXT GROUP OF QUESTIONS ASK ABOUT TOBACCO USE.

Cigarette Smoking

9. Have you ever tried cigarette smoking, even one or two puffs?

- a. Yes
- b. No

10. How old were you when you smoked a whole cigarette for the first time?

- a. I have never smoked a whole cigarette
- b. 8 years old or younger
- c. 9 or 10 years old
- d. 11 or 12 years old
- e. 13 or 14 years old
- f. 15 or 16 years old
- g. 17 years old or older

11. About how many cigarettes have you smoked in your entire life?

- a. None
- b. 1 or more puffs but never a whole cigarette
- c. 1 cigarette
- d. 2 to 5 cigarettes
- e. 6 to 15 cigarettes (about 1/ a pack total)
- f. 16 to 25 cigarettes (about 1 pack total)
- g. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)
- h. 100 or more cigarettes (5 or more packs)

12. During the past 30 days, on how many days did you smoke cigarettes?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

13. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

- a. I did not smoke cigarettes during the past 30 days
- b. Less than 1 cigarette per day
- c. 1 cigarette per day
- d. 2 to 5 cigarettes per day
- e. 6 to 10 cigarettes per day
- f. 11 to 20 cigarettes per day
- g. More than 20 cigarettes per day

14. During the past 30 days, what brand of cigarettes did you usually smoke? (CHOOSE ONLY ONE ANSWER)

- a. I did not smoke cigarettes during the past 30 days
- b. I do not have a usual brand
- c. Camel
- d. Marlboro
- e. Newport
- f. Virginia Slims
- g. GPC, Basic, or Doral
- h. Some other brand

15. During the past 30 days, how did you usually get your own cigarettes? (CHOOSE ONLY ONE ANSWER)

- a. I did not smoke cigarettes during the past 30 days
- b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- c. I gave someone else money to buy them for me
- d. I borrowed (or bummed) them from someone else
- e. A person 18 years old or older gave them to me
- f. I took them from a store or family member
- g. I bought them over the Internet
- h. I got them some other way

16. During the past 30 days, where did you buy the last pack of cigarettes you bought? (CHOOSE ONLY ONE ANSWER)

- a. I did not buy a pack of cigarettes during the past 30 days
- b. A gas station
- c. A convenience store
- d. A grocery store
- e. A drugstore
- f. A vending machine
- g. I bought them over the Internet
- h. Other

17. During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?

- a. I did not try to buy cigarettes in a store during the past 30 days
- b. Yes, someone refused to sell me cigarettes because of my age
- c. No, no one refused to sell me cigarettes because of my age

18. During the past 30 days, on how many days did you smoke cigarettes on school property?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

19. When was the last time you smoked a cigarette, even one or two puffs?

- a. I have never smoked even one or two puffs
- b. Earlier today
- c. Not today but sometime during the past 7 days
- d. Not during the past 7 days but sometime during the past 30 days
- e. Not during the past 30 days but sometime during the past 6 months
- f. Not during the past 6 months but sometime during the past year
- g. 1 to 4 years ago
- h. 5 or more years ago

20. During the past 12 months, did any doctor, dentist, nurse, or other health professional ask you if you smoke?

- a. Yes
- b. No
- c. Don't know / not sure

21. During the past 12 months, did any doctor, dentist, nurse, or other health professional advise you not to smoke?

- a. Yes
- b. No
- c. Don't know / not sure

22. Do you want to stop smoking cigarettes?

- a. I do not smoke now
- b. Yes
- c. No

23. Have any of your friends or classmates urged you to quit smoking cigarettes?

- a. I do not smoke now
- b. Yes
- c. No

24. How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?

- a. I have not smoked in the past 12 months
- b. I have not tried to quit
- c. 1 time
- d. 2 times
- e. 3 to 5 times
- f. 6 to 9 times
- g. 10 or more times

25. When you last tried to quit, how long did you stay off cigarettes?

- a. I have never smoked cigarettes
- b. I have never tried to quit
- c. Less than a day
- d. 1 to 2 days
- e. 3 to 7 days
- f. More than 7 days but less than 30 days
- g. 30 days or more but less than 6 months
- h. 6 months or more

Smokeless Tobacco: Chewing Tobacco, Snuff, or Dip

26. Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

- a. Yes
- b. No

27. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

28. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

Cigars

29. Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?

- a. Yes
- b. No

30. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

Pipe

31. During the past 30 days, on how many days did you smoke tobacco in a pipe?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

Bidis and Kreteks

THE NEXT QUESTIONS ARE ABOUT BIDIS (OR “BEEDIES”) AND KRETEKS (ALSO CALLED “CLOVE CIGARETTES”). BIDIS ARE SMALL BROWN CIGARETTES FROM INDIA CONSISTING OF TOBACCO WRAPPED IN A LEAF TIED WITH A THREAD. KRETEKS ARE CIGARETTES CONTAINING TOBACCO AND CLOVE EXTRACT.

32. Have you ever tried smoking any of the following:

- a. Bidis
- b. Kreteks
- c. I have tried both bidis and kreteks
- d. I have never smoked bidis or kreteks

33. During the past 30 days, on how many days did you smoke bidis?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

THE NEXT QUESTIONS ASK ABOUT YOUR THOUGHTS ABOUT TOBACCO.

34. Do you think that you will try a cigarette soon?

- a. I have already tried smoking cigarettes
- b. Yes
- c. No

35. Do you think you will smoke a cigarette at anytime during the next year?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

36. If one of your best friends offered you a cigarette, would you smoke it?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

37. In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Very often

38. Do you think young people who smoke cigarettes have more friends?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

39. Do you think smoking cigarettes makes young people look cool or fit in?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

40. Do you believe cigarette smoking helps people relax?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

41. Do you think you would be able to quit smoking cigarettes now if you wanted to?

- a. I do not smoke now
- b. Yes
- c. No

42. Have you ever participated in a program to help you quit using tobacco?

- a. I have never used tobacco
- b. Yes
- c. No

43. During this school year, were you taught in any of your classes about the dangers of tobacco use?

- a. Yes
- b. No
- c. Not sure

44. During this school year, did you practice ways to say NO to tobacco in any of your classes (for example by role-playing)?

- a. Yes
- b. No
- c. Not sure

45. During this school year, were you taught in any of your classes that most people your age do not smoke cigarettes?

- a. Yes
- b. No
- c. Not sure

THE NEXT QUESTIONS ASK ABOUT EVENTS YOU MAY HAVE ATTENDED OR WHAT YOU HAVE SEEN ON TV, AT THE MOVIES, OR ON THE INTERNET.

46. During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars?

- a. Yes
- b. No
- c. I did not know about any activities

47. During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?

- a. Not in the past 30 days
- b. 1-3 times in the past 30 days
- c. 1-3 times per week
- d. Daily or almost daily
- e. More than once a day

48. Out of 100 Vermont high school students, how many do you think smoke cigarettes?

- a. 10 or less
- b. 11-25
- c. 26-40
- d. 41-55
- e. 56-70
- f. 71-85
- g. 86-100

49. Have you seen any television ads or heard any radio ads that talked about how many teens in Vermont choose NOT to smoke?

- a. Yes
- b. No
- c. Not sure

50. Please choose the correct response: out of 10 Vermont teens, how many choose not to smoke cigarettes.

- a. 2
- b. 4
- c. 6
- d. 8
- e. 10

51. Do you think Hollywood should change how much smoking is shown in movies?

- a. Yes, show less smoking in the movies
- b. Yes, show more smoking in the movies
- c. No, keep it about the same
- d. No opinion

52. During the past 30 days, how many commercials have you seen on TV about NOT smoking cigarettes?

- a. I don't watch TV
- b. A lot
- c. A few
- d. None

53. Do you have your own cell phone?

- a. Yes
- b. No
- c. Use parents' cell phone

54. Do you think that the amount of smoking shown in movies is:

- a. More than real life
- b. The same as real life
- c. Less than real life
- d. Not sure

55. When you are using the Internet, how often do you see ads for tobacco products?

- a. I don't use the Internet
- b. Most of the time
- c. Some of the time
- d. Hardly ever
- e. Never

56. If you have heard of Our Voices Exposed, or "OVX", how did you hear about it? (You can CHOOSE MORE THAN ONE.)

- a. I have never heard of OVX
- b. From a friend
- c. On the radio
- d. On TV
- e. On the Internet
- f. Postcard
- g. At school
- h. Some other way

57. If you have heard of the 8outof10.com website, how did you hear about it? (You can CHOOSE MORE THAN ONE.)

- a. I have never heard of 8outof10.com
- b. From a friend
- c. On the radio
- d. On TV
- e. Poster
- f. At an event
- g. At school
- h. Some other way

58. How many days per week do you go online?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 7 days

SOME TOBACCO COMPANIES MAKE ITEMS LIKE SPORTS GEAR, T-SHIRTS, LIGHTERS, HATS, JACKETS, AND SUNGLASSES THAT PEOPLE CAN BUY OR RECEIVE FREE.

59. Would you ever use or wear something that has a tobacco company name or picture on it such as a lighter, t-shirt, hat, or sunglasses?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**THE NEXT QUESTIONS ASK ABOUT YOUR
EXPOSURE TO TOBACCO USE.**

60. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?

- a. 0 days
- b. 1 or 2 days
- c. 3 or 4 days
- d. 5 or 6 days
- e. 7 days

61. Which of these best describes the rules about smoking inside the house where you live? Smoking is...

- a. Never allowed inside my home
- b. Allowed only at some times or in some places
- c. Always allowed inside my home

62. Which of the following best describes the rules about smoking in the vehicle you drive or ride in the most? Smoking is...

- a. Never allowed inside the vehicle
- b. Sometimes allowed inside the vehicle
- c. Always allowed inside the vehicle.

63. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?

- a. 0 days
- b. 1 or 2 days
- c. 3 or 4 days
- d. 5 or 6 days
- e. 7 days

64. Do you think the smoke from other peoples' cigarettes is harmful to you?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

65. Does anyone who lives with you now smoke cigarettes?

- a. Yes
- b. No

66. How many of your four closest friends smoke cigarettes?

- a. None
- b. One
- c. Two
- d. Three
- e. Four
- f. Not sure

67. What do you think employers should do about smoking in indoor areas in places where people work? Employers should...

- a. Never allow smoking in places where people work
- b. Allow smoking only at some times or in some places
- c. Always allow smoking in places where people work

68. Which of these best describes smoking where you work? Smoking is...

- a. I do not have a job
- b. Never allowed where I work
- c. Allowed but only at some times or in some places
- d. Always allowed where I work

69. On how many of the past 7 days did you breathe the smoke from someone who was smoking in the place where you work?

- a. I do not have a job
- b. I have a job but did not work in the past 7 days.
- c. 0 days
- d. 1 to 3 days
- e. 4 to 6 days
- f. all 7 days

70. Now think about indoor public places such as malls, movie theaters, clubs or restaurants. Which of these best describes what you think about smoking in indoor public places. Smoking should...

- a. Never be allowed in indoor public places
- b. Be allowed in indoor public places but only at some times or in some areas
- c. Always be allowed in indoor public places

THE NEXT QUESTIONS ASK ABOUT YOUR HEALTH

71. Has a doctor or nurse ever told you that you have asthma?

- a. Yes
- b. No
- c. Not sure

72. During the past 12 months have you had an episode of asthma or an asthma attack?

- a. I do not have asthma
- b. No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months
- c. Yes, I have had an episode of asthma or an asthma attack during the past 12 months
- d. Not sure

73. A written management plan or action plan is a piece of paper that your doctor fills out with information about medicines, asthma triggers, and what to do when you have an asthma attack. In the past 12 months, have you and your doctor worked out a written plan for taking care of your asthma?

- a. I do not have asthma
- b. Yes
- c. No
- d. Not sure

74. During the past 12 months, how many times have you seen a doctor for a routine checkup for your asthma?

- a. I do not have asthma
- b. None
- c. 1 visit
- d. 2, 3, or 4 visits
- e. 5, 6, or 7 visits
- f. 8 or more visits
- g. Not sure

75. In the past 12 months have you ever been bullied, harassed, or beat up because of your race/ethnicity?

- a. Yes
- b. No
- c. Not sure

76. In the past 2 weeks, how often have you been bothered by little interest or pleasure in doing things?

- a. Not at all
- b. Several days
- c. More than half the days
- d. Nearly every day

77. In the past 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?

- a. Not at all
- b. Several days
- c. More than half the days
- d. Nearly every day

78. During the last 30 days, on how many days did you bet money, or other things of value on the results of a card game, sports game, dice, race, raffle ticket, lottery ticket, computer game, slot machine, Internet gambling or other activity?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. all 30 days

79. During your lifetime, how many times did you bet money, or other things of value on the results of a card game, sports game, dice, race, raffle ticket, lottery ticket, computer game, slot machine, Internet gambling or other activity?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 to 39 times
- f. 40 or more times

80. How old were you when you gambled for the first time?

- a. I have never gambled
- b. 8 years old or younger
- c. 9 or 10
- d. 11 or 12
- e. 13 or 14
- f. 15 or 16
- g. 17 years old or older

81. If you go outside on a sunny day for more than an hour do you use sunscreen or sunblock with a sun protection factor (or SPF) of 15 or higher?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

82. In the past 12 months have you used a tanning booth or a sun lamp?

- a. Yes
- b. No

83. During your life, how many times have you taken a prescription pain reliever such as Oxycontin, Percocet, or Vicodin without actually having a prescription for that drug?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 to 39 times
- f. 40 or more times

84. During your life, how many times have you taken the prescription drug Ritalin or Adderall without actually having a prescription for that drug?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 to 39 times
- f. 40 or more times

85. During your life, how many times have you taken any other prescription drug, without actually having a prescription for that drug?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 to 39 times
- f. 40 or more times

86. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 4 days
- d. 5 to 6 days
- e. 7 days

87. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 4 days
- d. 5 to 6 days
- e. 7 days

88. What is the highest level of education completed by your mother (or the person who is like a mother to you)?

- a. Completed grade school or less
- b. Some high school
- c. Completed high school
- d. Some college
- e. Completed college
- f. Graduate or professional school after college
- g. Not sure

89. In the past 12 months, how often have you ridden on a snowmobile?

- a. Never
- b. Once or twice yearly
- c. Monthly during the winter season
- d. Weekly or more often during the winter season

90. In the past 12 months when you rode a snowmobile, how often did you wear a helmet?

- a. I did not ride a snowmobile in the past 12 months
- b. Never
- c. Rarely
- d. Sometimes
- e. Most of the time
- f. Always

- 91. In the past 12 months, how often have you ridden on an ATV (All Terrain Vehicle, including 3 and 4 wheelers and dirt bikes)?**
- a. Never
 - b. Once or twice yearly
 - c. Monthly
 - d. Weekly
- 92. In the past 12 months when you rode an ATV (All Terrain Vehicle, including 3 and 4 wheelers and dirt bikes) how often did you wear a helmet?**
- a. I did not ride an ATV in the past 12 months
 - b. Never
 - c. Rarely
 - d. Sometimes
 - e. Most of the time
 - f. Always
- 93. In the past 12 months, you had to eat less because your family didn't have enough money to buy food...**
- a. a lot,
 - b. sometimes, or
 - c. never
- 94. In the past 12 months, the food that your family bought ran out and your family didn't have money to get more...**
- a. a lot,
 - b. sometimes, or
 - c. never
- 95. In the past 12 months, did your meals only include a few kinds of cheap foods because your family was running out of money to buy food...**
- a. a lot,
 - b. sometimes, or
 - c. never

**YOU ARE FINISHED.
THANK YOU FOR PARTICIPATING**